

# 8 Elements of Effective Coaching



**Ask  
questions**



**Listen  
intently**



**Be  
non-judgmental**



**Align ideas to  
research and  
evidence**



**Model  
strategies**



**Provide  
honest  
feedback**



**Create a safe  
environment  
that encourages  
conversation**



**Utilize  
positive  
reinforcement**

# Effective Coaching

**Joseph O'Connor, Andrea Lages**



## **Effective Coaching:**

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